

Roasted Eye Fillet with Tarragon Mushroom Sauce



Ingredients

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| 1 whole eye fillet, approx. 600-800 grams | 2 spring onions, finely sliced |
| 4 large field mushrooms | 1 tsp seeded mustard |
| 2 tbsp butter | 2 tbsp thickened cream |
| 1 teaspoon dried tarragon | Salt and freshly ground black pepper |
| 2 tbsp gravy powder | |

Directions

- Step 1 – Remove the eye fillet from the fridge and bring to room temperature. Season with salt and black pepper.
- Step 2 – Prepare the barbecue for indirect cooking over medium heat (190°C to 230°C). Set up your barbecue with a convection tray and trivet.
- Step 3 – Once the BBQ has reached temperature, place the eye fillet on the trivet and roast for at least 30 minutes or until the meat reaches approximately 50°C internal temperature.
- Step 4 – Meanwhile, prepare the mushrooms for grilling. Trim the mushroom stalks, spread approximately half a tablespoon of the butter around the underside of each of the mushroom caps and then sprinkle with the tarragon. Season with salt and pepper.
- Step 5 – Once the eye fillet has reached approximately 50°C internal temperature, remove the trivet and convection tray from the BBQ and place the eye fillet directly on to the grill to sear. At the same time, add the mushrooms and grill for 5 minutes. After 5 minutes, turn the eye fillet over and grill the other side of the meat. Grill for a further 5 minutes.
- Step 6 – Remove the eye fillet and the mushrooms from the BBQ. Rest the eye fillet under a tent of foil whilst preparing the sauce.
- Step 7 – Mix the gravy powder with water in a medium saucepan to make a thick gravy and bring to a simmer. Chop the mushrooms finely and add to the gravy along with any residual juices. Add the spring onions and seeded mustard and simmer for around 5 minutes. Season as required with salt and pepper.
- Step 8 – Add the cream to the sauce and stir through. Slice the meat into thick slices and serve with the sauce.

